NEW! Cardio Circuit
Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up! Wear comfortable clothing, suitable for working out.

<table>
<thead>
<tr>
<th>Keyword: Cardio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 2-23 M, W, F DeBuhr 8:30-9:30 a.m. NE City, AWC, Group X AREA-8726-NCFA $59</td>
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</tbody>
</table>

Morning Mix-Up
Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more. Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

<table>
<thead>
<tr>
<th>Keyword: Mix-Up</th>
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<tbody>
<tr>
<td>Sept. 2-23 M, W, F Barr 5:30-6:30 a.m. NE City, AWC, Group X AREA-8722-NCFA $59</td>
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</table>

Two Steps Beyond Beginning Bridge
This is an ideal class for bridge players who want to move beyond the basics. Topics for the class will include no trump and suit opening bids, Stayman and Jacoby Transfer, opening leads, responding bids, weak twos and other preemptive bids, opening and responding to strong opening bids and slam conventions.

<table>
<thead>
<tr>
<th>Keyword: Bridge</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 7-23 T, Th Kepler 4-5:15 p.m. LIVE Online, Zoom LLLX-0429-TCUA $69</td>
</tr>
</tbody>
</table>

First-Rate Bridge Conventions & Competitive Bidding
It is so much fun to have extra tools in your bridge-playing tool bag. This is an ideal class for a more experienced player who is looking for some additional bells and whistles to use at the bridge table. Topics include: Jacoby 2 NT, Splinter Bids, Overcalls, Take-out Doubles, Negative Doubles, Help Suit Game Try, and Strong Opening and Responding Bids.

Class is designed for any bridge player who has completed Two-Steps Beyond Beginning Bridge or equivalent.

<table>
<thead>
<tr>
<th>Keyword: Bridge</th>
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</thead>
<tbody>
<tr>
<td>July 28-Aug. 13 T, Th Kepler 4-5:15 p.m. LIVE Online, Zoom LLLX-0436-TCUA $69</td>
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</table>

Defensive Bridge Strategies
Playing bridge is a combination of skill, luck and communication. As defenders, you and your partner must give each other as much information as possible to defeat the contract. This class offered via zoom from the comfort of your own home. It is designed for any bridge player who has completed a minimum of beginning bridge. Topics include opening leads, second and third hand play, attitude and suit preference signals, and general defensive tips.

<table>
<thead>
<tr>
<th>Keyword: Bridge</th>
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</thead>
<tbody>
<tr>
<td>July 13-Aug. 12 M, W Kepler 4-5:15 p.m. LIVE Online, Zoom LLLX-0435-TCUA $69</td>
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</tbody>
</table>

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/scceonlinecourses.

Check out all classes offered at www.southeast.edu/NebraskaCityLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratNebraskaCity

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2751 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. ADA Reasonable Accommodations: SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.
You must have an email account to register online.


2. Search for your class by entering a **key word** in the title or the **course number**. Click Submit. (Enter information in only one field for broader results.)
   - Key Word Example: **Driver**
   - Course Number Example: **TRAN-3398**

3. Select the course for which you wish to register. Click Submit.

4. Enter your **personal information, certify your identification** and click Submit.
   - *You must provide your Social Security Number.*

5. Optional: Enter your **Additional Registration Information** and click Submit.

*The College requires a student’s Social Security number as a condition for enrollment online. A student’s Social Security number information constitutes an “educational record” under FERPA.*

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### OR REGISTER BY MAIL, FAX OR IN PERSON

**Registration Form - Non-Credit Course**

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residence Mailing Address</td>
<td>City</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Email Address</td>
<td>Cell Phone</td>
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</tr>
</tbody>
</table>

**I identify as:**
- [ ] Male
- [ ] Female
- [ ] Nebraska Resident
- [ ] Non-Resident

**Ethnicity (select one):**
- [ ] Hispanic or Latino
- [ ] Not Hispanic or Latino

**Race (Select one or more):**
- [ ] White
- [ ] Asian
- [ ] American Indian/Alaska Native
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] Black/African-American
- [ ] Other

---

**COURSE NUMBER**

**TITLE**

**START DATE**

**COST**

---

**SIGNATURE**

- [ ] Check
- [ ] Cash
- [ ] Mastercard
- [ ] AMEX
- [ ] Discover
- [ ] VISA
- [ ] V Code ___________

Name as it appears on card: ____________________

Exp. Date: __________ / ________

**Billing agency**: **INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD**

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

---

| Would you like a receipt mailed to you? | [ ] Yes | [ ] No |

**SCC Staff Tuition Waiver**

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| [ ] | [ ] | [ ] | [ ] | [ ] | [ ] |

**TOTAL DUE**

---

Submission of this form indicates that I understand: (1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the course(s) listed; (2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form; (3) that the information provided is true and correct to the best of my knowledge; (4) that the data I submit complies with all regulations and policies of the College, including all policies regarding the refund of tuition; and (5) any changes in SIS, legal name, address, residence, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, instruction, employment, and employment matters to all persons regardless of race, color, religion, sex, national origin, marital status, age, disability, veteran status, sexual orientation, gender identity, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC’s policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

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301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703

www.southeast.edu/continuing